Hi Madison, it's James! How are you doing?

I wanted to share with you some of the things that have totally transformed my former life of total miserable depression into a life of happiness. This is not going to be an attempt to convert you to any religion, nor am I going to recommend any medications, all I want to do is to help you reframe your life a little as mine was reframed for me.

First of all, I should tell you a little bit about my background. In high school, I was in a metal band and constantly hung out with people who smoked, drank alcohol, and did drugs on a daily or at least weekly basis. ALL my friends were really into LSD and marijuana and I was no different. After dropping out of high school in 1990 I continued the substance abuse for years, though my LSD habit had ceased after a number of nightmarish "bad trips" had repeatedly terrified me to the brink of sanity. My main concern was seeing what kind of debased behavior or substance-related trouble I could get into and dabble in, which I considered life experience, and I drifted from job to job (including coffee shops, comic book stores, delivering newspapers, doing security, and working as a handyman at an adult nightclub) and from circle of friends to circle of friends as I systematically alienated everyone I encountered, either by mooching off of them or by making them disgusted with my totally self-serving lifestyle. I was obsessed with convincing people I was sexy and cool, charming them with my paintings, musical talent, or whatever pretentiousness I could muster up, and then try and manipulate them to get whatever I wanted from them, like sex, substances, or what have you. I would also steal from them sometimes. Basically, I was a bit of a sociopath. I was a complete and total nihilistic atheist, believing that only Darwinian might made right, I despised anyone with religious views of any kind and I was extremely and venomously racist.

In 1999 I was regularly delivering newspapers while habitually doing a substance I bought by the bottle from a friend called adderal, an amphetamine which was later described by one of my psychiatrists as "prescription cocaine". After doing this for a number of months straight and getting perhaps an hour of sleep every two days my mind finally broke and I suffered an attack of amphetamine psychosis which was part dream and part psychotic hallucinations; essentially it felt like I was trapped in an utterly horrifying nightmare world from which I could not wake myself. I was hallucinating all manner of terrifying things; animated cadavers and grotesque witches who climbed out of a black pit under a trapdoor in the floor, surgeons who were holding me down and dissecting me alive, flatulating noises bizarrely emanating from my hands, mocking laughter coming from behind the walls, my girlfriend Aidan repeatedly entering the room only to smirk as her head fell from her shoulders… When my girlfriend actually did enter the room for real and woke me up out of the dream state I assumed she was another horror-vision and I fled screaming into her front yard because I was afraid she was going to turn inside out or something and try and torment me… After that I went home to my apartment and attempted suicide. I stole a bottle of pills from pharmacy and a bottle of liquor and I was going to snuff myself, but my girlfriend called on the phone at exactly the moment when I had poured the pills into my hand. A few days later I was planning to ram my car into a telephone pole and kill myself that way, but instead I went to a suicide crisis center. After that I was put on Prozac and so began my odyssey with medicating my discontent with life with prescription 'happy pills' of one sort or another. Shortly after this I got extremely drunk and did indeed drive my car into a telephone pole at speed, receiving only a survivable concussion due to the airbag which I stupidly overlooked in my inebriated state. In the years that followed I was put on numerous medications including Prozac, Zoloft, Paxil, Geodon, oxcarbazepine, Lithium and a world of other drugs. I gained a huge amount of weight and became even more unhappy.

At one point I recovered myself a little bit, lost lots of weight and became very thin instead, via bulimia, and met Anne. She was the only person I'd ever met whom I wanted to be loyal to. In my mind, she had proven her loyalty to me, sticking by me through all the bullshit I put her through, which ordinarily alienated others. I realized Anne was someone I should show devotion to because she was so kind to me, and I'm proud to say I have never cheated on her or anything like that, even though I remained an extremely depressed alcoholic due to acute existential dissatisfaction, my seeming total inability to "understand" life.

When Anne and I first arrived in Japan together I had to change my medications. I told you that first night I met you that I "didn't have enough self-confidence to be an English teacher" in Japan. That isn't really true. What I was trying to avoid mentioning was that I am bipolar, because people jump to conclusions about bipolar people, but it later came out in conversation anyway that night at your apartment. I have plenty of self-confidence. (I used to perform with bands and used to frequently perform live solo music, singing and playing guitar at various coffee shops, while trying to simultaneously get attention from girls and make myself feel cool.) The actual problem is that some days, because of my condition, I wake up feeling totally blank and mindless inside and I cannot rouse myself into social functionality no matter how hard I try. All I am good for in that state is quiet autonomous activity, which is why I was a night watchman for seven years before Anne and I moved here. It was the only job I could cope with. Anyway, the primary medication I was on, oxcarbazepine, was not approved to treat bipolar in Japan and thus I was forced to try some other medications, which caused me to suffer hellish attacks of akathesia, until finally the only thing my doctor would give me for bipolar was lithium, which accomplished only keeping my extreme irritability marginally in check.

The first friend I made here was a JTE name Oshima san, we liked the same music, and he was also diagnosed with bipolar. Unfortunately, he killed himself by jumped off a bridge over the Shinano in 2012, which added more urgency to my quest to understand what was wrong with me and how to go on living. You see, I was constantly fantasizing about suicide, even composing lots of music about it, writing about it, etc. But I was torn by the fact that Anne frequently and tearfully begged me never to do that *to her*, so I felt I had that option taken from me. After that I developed the habit of simply wandering the streets at night drinking. I would sell off some of the huge collection of Japanese toys I had amassed to fuel my booze habit, until finally I had nothing left to sell, so I would borrow money from wherever to get enough beer and sake.

The isolation from others drove me to constantly obsess about the cause of my "problem"; whatever it was that must be psychologically wrong with me that was preventing me from enduring life effortlessly the way others appear to do. I continually pestered my psychiatrist Dr. Tamiya at Nishibyoin about my medications and about what my actual problem was. I spent so much time dwelling on my problem that I was convinced I had all kinds of abnormal psychological conditions.

I read voluminously on psychology and philosophy in an effort to understand myself. I also read a lot of utterly useless dross, which only made me worse, and in that category I would include works from the school of German Nihilism and the entire output of Sigmund Freud.

Eventually, by a circuitous route too complex to mention here, I found myself reading the works of Arthur Schopenhauer and information on Edgar Cayce right around the same time. It suddenly hit me that the philosophy expounded by Schopenhauer and the material produced from the Edgar Cayce

readings were describing the same thing. Both essentially described throughout the entirety of their works that *cultivating selflessness is the key to happiness*.

Part of the problem is that the modern psychological/pharmaceutical industry, by accident or by design, encourages people to sit around obsessing about *themselves*; *their* opinions, *their* likes, *their* dislikes, at the expense of directing our attention to those of others, and so we are led into a situation wherein we are instinctively turning inward for the solution to our problems. When we don't find it, we become more and more distressed as time goes by, and when placed in an isolated situation, say as a foreigner living in Japan with few or no friends, the isolation and introspection can seem to create a black gulf that sucks you down; we end up doing little other than dwelling upon or even romanticizing our own profound unhappiness, until we are so caught up in ourselves that we cannot cope with simple things like going to the grocery store without feeling like an alien on parade. If one adds in the detrimental effects of alcoholism, the social anxiety situation becomes so acute as to be utterly crippling. I used to find that the only thing that brought me a kind of twisted contentedness was building myself up into this tragic "damaged" figure who was cool because of his artistic talents (recording music and writing novels), where he lived, and for the fact of my own existential hopelessness. In short, I built up a sort of mythic self-image rooted in my own misery; I was unique and special because I was the only one who realized how meaningless everything really was. It was ego-tripping as self-medicating, and I have since learned that this is an extremely common condition in our increasingly materialistic society. I was in fact nowhere NEAR unique in that regard!

There is a way out of this lifestyle that is so simple and elegant that once you realize what it is you will wonder why it never struck you before…

Schopenhauer [the philosopher] said, "All love is sympathy". I think that's an important place to start. I used to go out in public and think "look at all these fucking idiot losers, I wish they were all dead!" and worse! I was horribly unhappy as a result of that sort of thinking. I felt small and painfully shriveled inside all the time. I hated everything I saw so much that my chest constantly hurt from the accompanying "shrinking feeling" one gets from that sort of thinking. And I wondered why I was constantly in such poor health. I used to hate everyone I laid eyes upon. I used to despise even going to look at cherry blossoms. "What good is this trash to me?" I used to think. The fact is, an egotist cannot enjoy beautiful outdoor natural scenes because worth only has relevance to him in relation to himself. If it is not money, sex, or food, or sense-pleasure of some kind it is indeed utterly worthless to him, because an egoist necessarily sacrifices his humanity to place himself "above" other humans, and can therefore no longer appreciate the simple beauty found here and there in the human experience.

"I hate people!" Was my motto before. But I was always unhappy. Those who revel in egoism must defend against everything that comes. This is why egocentric people are always irritable and highly critical of everything. Nothing is good enough!

This is just a recipe for relentless misery.

The reverse is also true. You can find happiness by loving others.

Cease criticizing and begin sympathizing, and you will go from depressed to content.

Make it a policy to sympathize with everyone you see.

Since I have been trying to change, I have found that just sitting and looking out the window of my house, I can practice sympathizing with people as they walk by.

"Bedraggled-looking office lady, you've got so many bags. I'd like to carry some of those for you."

"Old men like you shouldn't have to walk all hunched over with a cane! I'd like to drive you wherever you needed to go, you poor old guy."

"Poor old woman walking so slowly, I bet you're very lonely and would love someone to talk to for a few hours each day."

After thinking like this for a while, you can genuinely feel this sort of expanding glow feeling spreading through you. It is a really amazing sensation.

I would emphatically recommend trying this! It helped me immensely and continues to uplift my existence. Indiscriminate love for others in action like this is the true secret to happiness.

The best thing you can do is to think, “How can I be of help to others?”

If I continually think of others, I immediately begin to feel contentment every day.

The secret to happiness is externalization. Turn your thoughts outward.

Think of it this way; if I fixedly think only about my own problems, my own likes and desires, I will be grumpy most of the time because I simply can't constantly have my way! I found therefore that I am happiest when I refuse to think about myself, refuse to scrutinize myself, refuse to navel-gaze over my problems or what I am “suffering from”, and get on with thinking about other people.

Shortly after I realized all this, I discovered this further information from Edgar Cayce, and I was shocked…

When Edgar Cayce was once asked what a certain person's purpose in incarnating on the earth was, his reply was, "Your purpose is the same as the purpose of every soul exiled to the earth; to learn to relinquish egotism!" The implication of this is that we are condemned to wait here until we learn to let go of self-fixated thinking patterns and start directing our thoughts to being of assistance to others. Cayce said that what God wants is children who are selfless yet retain their individuality.

This, combined with a lot of other data Cayce produced, convinced me that I had been in error to be an atheist for 35 years.

He also said that dogma and denominations are counter-productive. You can believe in God how you wish, provided you do it whilst putting others first. Christ was and is a pattern for selflessness (and much more).

An egoist atheist cannot achieve happiness because for him he IS God. As a consequence, there is no one else for him to turn to for help or support because no one is as great as he is. A person in this situation has only materialism to bring him happiness, and that is and utterly empty pipedream. How many times do we want to purchase that wonderful thing only to find when we get it that it wasn’t quite as all-satisfying as we thought it would be? Materialism is a vicious circle of wanting, getting, and disillusionment.

When we relinquish ourselves in favor of others we need God there to give us support. If you are able to believe in God and can teach yourself to continually direct your thoughts toward others I guarantee you that a few months from now *you will suddenly look up and realize that you have been very happy*.

Attaining happiness requires fulfilling your role, your intended job as a soul. Everything else is just fooling around, making it take longer to reach the goal. Securing this objective means eternal peace and contentment.

So the secret of life is a matter of where your thoughts are directed.

If your thoughts are directed at helping others, worrying about yourself is vastly less of a problem.

Of course, it is important to especially direct love and consideration toward even those people who don't like you. That is a challenge! But you'll find getting along with people is vastly easier; you are not afraid of people. You can talk to everyone. You can relax anywhere. You're not nervous. People trust you because your kindness is obvious. What they see is what they get with you, and who doesn't want a kind person to be their friend? People will stop competing with you. Rivalries will disappear. There is considerably less worry to endure. Seeing life in this way is a tremendous change. And after you've changed, when you meet people who are in the grip of their ego, you will realize it immediately, and you will know what could help them. You will try to help some of them, and you will find that some of them will listen and change …but others are too far gone.

Gentle love and sympathy with others will help you heal. You can share it with everyone you see. If someone continues to be ugly with you after all that, then it is merely the Lord offering you an opportunity to practice longsuffering, putting you on the fast track even more.

If you're at home all alone, think about the people you know. Think about something kind or supportive you can say to each of them when you see them next. Just doing this much will cause your life to take a dramatic upswing. Tensions will disappear. Friendships will blossom. When you're at home alone, do something in anticipation of interacting positively with someone; take some photos to send to your mother. Make something specifically to give to a friend. Make it your policy to answer each and every email from your friends and family with a positive message. When you live your life to help improve the happiness they experience day to day, you will find all sorts of benefit rolling in. On top of that, you will suddenly find yourself pleasantly happy quite often. This is because, as Schopenhauer pointed out, the quality of happiness is actually a *negative* quality; that is, the *absence* of something, which is *suffering* (but also the absence of ego).

When we are enthralled by some game or pastime and suddenly look up to realize we have been very happy, it is because we have been divorced from suffering for the duration of the activity. More precisely, we have been divorced from the *experiencing of self* for the duration of the activity, and that is the key to happiness: self, or rather, *selfLESSness*.

After learning this a few years ago, my life rapidly, steadily, and drastically improved. I have not experienced any depressive episodes in quite a long while (and with me it used to be one long constant depressive episode!). I am generally very happy day to day, every day, for the first time ever in my life. I quit indulging in substance abuse because I just no longer need to self-medicate; I've completely given up alcohol, quit smoking, gotten control over my diet, and social anxiety has entirely evaporated. When I

meet someone now, I am thankful for the opportunity to project love toward someone, which makes me feel wonderful.

I didn't realize back when I was a racist atheist how much damage I was doing to myself by hating everyone and everything all the time. I just couldn't feel happiness at all without drinking, and now I realize that I only liked drinking because it was only during drinking that my ego backed off and allowed me to *like* other people and things for a little while! I think that is the real reason why people drink. An example: I used to be highly critical of 1980's glam metal, I had contempt for the people who liked it, and I would never listen to it unless I was drinking. Why? Because when I was drunk my egotistical critical thinking was in check; I became less arrogant, less conceited about taste, and I could just enjoy the music on its own merits. My egotistical sober self felt he was too good to listen to the same stuff that those peasants back in high school liked! Now, have you ever been drinking and turned to your friend beside you and said, "I love you, man!" and then sat there praising that person for a few minutes? The reason why this happens is because the ego that is constantly restraining you from seeing how worthy others are of your love is temporarily in check. Imagine how happy you could feel if you felt love like this for everyone you met.

Now that I have relinquished my old compulsive selfishness, a new and more relaxed world has gradually unfolded around me. I'm finally happy! I used to feel like I could go out in public and actually be comfortable ONLY after drinking something. But now, because I do not hate but rather love all the people I see, I don't experience any fear or apprehension at all around even large groups of people. Moreover, I am able to see now how afraid many other people are, just wandering around the streets. I think they could benefit from knowing about selflessness and indiscriminate love, and then when I meet someone who obviously knows what it is to share their love with everyone, I can see it all over them, to a greater or lesser degree, like a shining beacon amid the darkened frowning faces. The difference between an egoist and an ego-less person can be seen virtually on first sight now. It's weird! :-)

I'd like to share some of this info with you with the disclaimer that three years ago I would have balked at all of this because my egotism was such that I thought I had figured out the world, even when I truly hadn't! That is what egocentrism does to a person - it blinds them utterly and cuts them off not only from others but from God; their experience of life is sliced in half, the spiritual falls away leaving only the material to resort to for comfort, which can never bring true happiness to anyone. ...And the mentality becomes a mass of cynical appraisals and mechanistic rationalizations that become one's maze-like prison in which all happiness withers.

I am now able to see people everywhere who are timid or anxious because they have not yet learned the secret to life for themselves. If I could speak Japanese I'd be out there telling people all the time.

I was able to communicate these things to my best friend Anthony back in America (the drummer from our old metal band) who I recently reconnected with. Because of some things I shared with him he is turning his life around and thanked me the other day for the dramatic effect the information had on him. Also, I spent about a day writing a letter in Japanese summarizing some of this so I could try to help my friend here in Nagaoka; Shinobu, a girl who has a terminal disease and depression. She thanked me, saying she was able to look at her life objectively after thinking over the information about selflessness, and reports that she now devotes lots of time to her grandmother, and the pair of them have been very content lately. Madison, if at first this information seems unwelcome, then I merely ask that you fold up the letter and put it away for a little while and read it again sometime, thinking things over in the

meantime. It is my deepest hope that I can be of help to you! As I said, after talking to you at length that first night we met, I felt I had encountered a kindred soul who was now enduring many of the same experiences I suffered through and eventually overcame using this information. I hope that this letter can serve as a lifeline to pull you free of depression too. If it can do so then the time I took to write it will not have been spent in vain. Please do give some thought to self vs. selfless living. Remember, “You’re selfish” ISN’T what I’m saying. It’s a question of where your thoughts are most frequently being directed; are they being used to examine yourself and your own needs more often than they are being directed toward easing the suffering or increasing the happiness of others? In my case, back when I was utterly miserable, my answer would have been that I was directing my thoughts upon my own plight 100% of the time and the very idea of wasting time thinking about other people was inconceivable. I now realize that having this philosophy was *precisely WHY* I was utterly miserable! This cannot be stressed enough.

When you're all alone you can still turn your good feeling towards others. You can plan something nice to do for somebody or plan to be of assistance to someone in some way. If you pray (and prayer can help you enormously, especially thankful prayer!), pray for anyone you know who needs help. If everyone is fine, then you can pray for the Lord to help people in general, it's "goodwill" prayer, in a way. Cayce said that man is Co-creator with God, and that something God wants is to bring His spirit into the earth with man. This is of help;

Pray for the sick

Pray for the elderly

Pray for lonely people

I personally pray for Japan to help prevent disasters. Cayce - and the Bible - cite numerous incidents where prayer helped to prevent disasters. In one case Cayce says that because God listened to one man's prayers he spared a city from total destruction.

There is real benefit to prayer.

You can also ask God to send someone to you that you will be able to help!

If you want to explore this even more, the meaning of life is in these volumes:

The New Testament

The readings of Edgar Cayce

Arthur Schopenhauer - The World as Will and Idea

The Bhagavad Gita

The Yoga Sutras of Patanjali

The Book of the Hopi

…And almost certainly more that I don’t yet know about.

These books all tell the same story. They all ascribe the same causes and purpose to the human existence. Yes, *there really is a purpose to all this.* Their findings all agree with one another. (And there

may easily be more books expounding this idea from other religions or philosophical traditions too!) I encourage you to delve into these if you are of a mind to do so.

Please note: In the media, there is ongoing effort to demonize many of these books. Many lies are told regarding Edgar Cayce and Arthur Schopenhauer, and the American media relentlessly showers derision upon anything to do with Christianity these days. Also, Russia has recently actually banned the Bhagavad Gita! You see, society, I think, wants people to be miserable, because miserable people spend lots of money on entertainment and medications, and so we never hear the simple message of healing selflessness anywhere in the media.

But we still have each other!

Here is a little list of other interlocking concepts that help very much. This material came from Edgar Cayce, but I'll just summarize it here for you to consider:

(Edgar Cayce was a psychic from the 1930's who never recalled the information he gave while he was doing his hypnotic readings, but the "voice" of the readings claimed to be the Holy Spirit and would answer literally any question. When it was discovered that it's answers involved prescribing cures for illnesses, and the cures *always worked*, letters began pouring in from all over the world. In one example incident, a girl had been in a mysterious coma for four years, and the family wrote to Cayce because the doctors were unable to determine a cause. Cayce's answer was that the girl had an impacted molar that was exerting such pressure upon a nerve in her jaw that it had thrown her whole neurological system into unbalance, resulting in her inability to become conscious. The family took the girl to the dentist, who confirmed that her molar was indeed impacted. When he removed it, the girl awakened from her coma shortly thereafter. The Cayce readings are filled with thousands of stories like this. Cayce could somehow clairvoyantly "see" the answer to whatever question was asked. When people asked about the prehistory of the earth, a surprising amount of fascinating information was also forthcoming much of which has since been proven. One example is that Cayce said that 50,000 years ago the Nile River emptied not into the Mediterranean, but into the Atlantic off the West coast of Africa. This was confirmed to be true just a few years ago when satellite imagery revealed the meandering telltale dry riverbed of the ancient Nile snaking across the Sahara Desert to the Atlantic.)

•Regarding religions, Cayce was always careful to point out that human-created dogmas are the downfall, and that men should focus on the Creator – BENEATH whatever guise he wears in each country or culture. Because the Creator is still the same as he was at the very beginning, yet man's ways and rites have gradually altered and changed over the millennia until the original vision has been greatly distorted. Many religions are "right" in certain ways, but not all religions are constructive depictions of God; many are grossly in error, yet most have a common faith, that in the creator, at their core. This being said, Cayce was always pointing out that Christ came from this creator so that man may have a way out of the material and an advocate before God. Unfortunately, many people will continue to believe that Christ is just another religion in the multitudes, rather than help sent to the entirety of mankind, regardless of their religion, from his Creator. Lesson: Do not condemn others for their different approach to religion, we may be worshipping the same God in different ways. That being said, it is good to help those who have fallen from the path of love and consideration back on the proper course, and better still to help them learn the message of Christ if they will listen. The message is Love, sympathy, and selflessness.

Some of the very accurate religions according to the Holy Spirit, which spoke through Cayce while he was in a trance state: New Testament Christianity, Zoroastrianism, the religion of the Hopi, the Incan cult of Viracocha, the Egyptian worship of Aten, the beliefs of the Atlantean Children of the Law of One (from which Aten worship was derived – Yes, Atlantis was real and was just another continent.), and many others.

•Do not get involved with specific political, cultural, or religious "-isms". (Marxism, Socialism, etc. etc.) Place your faith in the ways of the creator and pay no mind to the dogmas men have constructed around them. These are but distractions along the path.

•To condense and paraphrase Cayce on what he said regarding longsuffering: Longsuffering is not what many people think it is; that of sitting in silence while the body is in physical agony. No, longsuffering is having an unfailing patience with others. If your neighbour is noisy, inconsiderate, hateful, mean, nasty, disgusting, violent, or what have you, we do not go out and seek revenge against him, we extend to him our patience and love. We do not confront him. We do not approach him when he is being unpleasant. But sometimes in a chance encounter in a neutral setting we might attempt to help him to realize and regain the proper path to be sure. If he will not listen, so be it, be patient and endure, but do not ever lash out in retribution. What is an inconsiderate or noisy fellow? He is an egocentric, placing his own self more important than all others. Even his want for entertainment has more worth to him than does his neighbour's need for sleep, rest, etc. But do not lash out, for what is anger or revenge? Simply another form of egocentrism! The outrage of "you are not respecting ME!" is just as ego-motivated an action. Do not allow the fires of anger to rise. Simply focus on your love for all mankind; feel it expanding and filling the environs, the world, with its light, and your antagonist too, in spite of his transitory errors, and you will soon be at peace. The Father tests and judges all men according to their capacity for longsuffering. The souls of men are tempered in its fires! Longsuffering can and should be taken to extremes, to an extent equal with the crucifixion of Christ, if necessary, for in the hereafter, which soul will carry the greatest worth in the eyes of God? That one who was tormented and broke, or he who stood firm on behalf of the Lord and endured like the Christ even unto death?

•Cayce was asked "what should our attitude be toward the negro, the Jew?" and other questions about race and nationality. Cayce's reply was that people of all races are human beings and thus "love thy neighbour" applies to each of them in full. He said different groups are at different stages of development. If one group seems more selfish than another, they need our understanding, our patience with them, "even if they swear, behave lewdly, or act disgusting", in order to encourage them to progress. Ostracism is counterproductive and leads to deeper divisions and retards everyone's development. Lesson: Relentlessly practice indiscriminate love and consideration for others no matter what. Even if it seems certain groups are antagonistic to yours, as they may be, reciprocating the antagonism will only lead to stagnation in a mire of hate. Each act of goodwill and consideration increases the possibility for a more widespread understanding of one another, and prevents sin simultaneously, substituting it with constructive merit!

•Don't be a critic, don't condemn. No man has a right to pass judgement on another. When you spend your time thinking such thoughts, you pollute yourself inside with what is negative rather than filling yourself with the positive. You lower, rather than raise the vibration that is conducive to spiritual development. Rather, understand that man is ever the co-creator with God, eventually bringing His spirit

unto the earth, and that man is on a path of improvement, little by little. Above all be patient with your fellow man! Don't be a critic, don't condemn.

I hope very much that you will forget about any awkwardness you felt lingering after that night we came over (we'd never judge you over something like that.) and instead consider a future in which you can regularly spend some time with Anne and I, because we really do want to offer you our lasting friendship, if you'd like to have it! ☺

Kind regards,

- James